



Namibia (Central Region)

2004 Fact Sheet

The **2004 Namibia (Central Region) GSHS** measured hygiene; unintentional injuries and violence; mental health; tobacco use; alcohol and other drug use; sexual behaviors; physical activity; and protective factors.

The 2004 Namibia (Central Region) GSHS was a school-based survey of students aged 13-15 years. A two-stage cluster sample design was used to produce representative data for 13-15 year old students in Namibia (Central Region). At the first stage, schools were selected with probability proportional to enrollment size. At the second stage, classes were randomly selected and all students in selected classes were eligible to participate. The school response rate was 100%, the student response rate was 88%, and the overall response rate was 88%. A total of 1,574 students participated in the Namibia (Central Region) GSHS.

Results for students aged 13-15 years	Total	Boys	Girls
Hygiene			
Percentage of students who did not clean or brush their teeth during the past 30 days	5.3 ± 2.0	6.6 ± 1.9	4.2 ± 2.4
Percentage of students who never or rarely washed their hands before eating during the past 30 days	5.3 ± 2.1	5.4 ± 1.6	5.3 ± 3.2
Unintentional Injuries and Violence			
Percentage of students who were in a physical fight one or more times during the past 12 months	43.8 ± 5.5	56.2 ± 3.9	33.9 ± 7.9
Percentage of students who were seriously injured one or more times during the past 12 months	52.2 ± 7.8	64.1 ± 5.6	43.6 ± 11.6
Percentage of students who were bullied on one or more days during the past 30 days	46.0 ± 5.4	52.1 ± 7.4	41.9 ± 5.9
Mental Health			
Percentage of students who felt lonely most of the time or always during the past 12 months	10.7 ± 2.5	9.0 ± 2.6	11.9 ± 3.5
Percentage of students who have no close friends	15.4 ± 2.5	17.0 ± 4.5	14.0 ± 3.2
Tobacco Use			
Percentage of students who smoked cigarettes on one or more days during the past 30 days	15.3 ± 5.5	18.7 ± 6.4	12.7 ± 6.1
Percentage of students who used any other form of tobacco, such as snuff, prium (chewing tobacco), or tobacco leaves (BB, springbok, or black and white) on one or more of the past 30 days	25.6 ± 5.7	33.8 ± 6.8	19.5 ± 4.8
Percentage of students who reported people smoking in their presence on one or more of the past seven days	54.7 ± 8.3	54.5 ± 6.7	54.8 ± 10.8
Alcohol and Other Drug Use			
Percentage of students who drank alcohol on one or more of the past 30 days	31.7 ± 7.6	36.0 ± 9.4	28.5 ± 9.2
Percentage of students who drank so much alcohol that they were really drunk one or more times during their life	30.3 ± 6.4	31.3 ± 7.1	29.6 ± 7.3
Percentage of students who had a hang-over, felt sick, got into trouble with family or friends, missed school, or got into fights, as a result of drinking alcohol one or more times during their life	27.4 ± 4.6	32.7 ± 6.2	23.7 ± 5.5



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Results for students aged 13-15 years	Total	Boys	Girls
Alcohol and Other Drug Use			
Percentage of students who used drugs, such as marijuana or dagga, cocaine or pi, or ecstasy one or more times during their life	22.7 ± 6.4	24.3 ± 5.2	21.6 ± 8.4
Sexual Behaviors			
Percentage of students who have ever had sexual intercourse	24.1 ± 5.2	35.1 ± 9.9	18.4 ± 7.3
Percentage of students who have had sexual intercourse with two or more people during their life time	11.7 ± 2.3	18.1 ± 6.3	8.3 ± 2.7
Of students who had sexual intercourse during the past 12 months, the percentage who used a condom the last time they had sexual intercourse	*	*	*
Physical Activity			
Percentage of students who were physically active all seven days for a total of at least 60 minutes per day during the past seven days	8.3 ± 3.0	8.4 ± 3.5	8.3 ± 3.4
Percentage of students who spent three or more hours per day sitting and watching television, playing computer games, talking with friends, or doing other sitting activities, such as playing dominoes, cards, or gambling with dice during a typical or usual day	32.5 ± 5.1	32.4 ± 4.9	32.5 ± 7.0
Protective Factors			
Percentage of students who missed classes or school without permission on one or more of the past 30 days	38.3 ± 4.1	44.7 ± 4.1	33.4 ± 4.1
Percentage of students who reported that most of the students in their school were kind and helpful most of the time or always during the past 30 days	26.7 ± 3.7	24.1 ± 3.5	28.6 ± 4.9
Percentage of students whose parents or guardians knew what they were doing with their free time most of the time or always during the past 30 days	31.9 ± 5.1	29.6 ± 6.8	33.6 ± 4.1
Percentage of students who reported that most of the students in their school were kind and helpful most of the time or always during the past 30 days	27.3 ± 3.5	25.1 ± 4.1	29.1 ± 4.3
Percentage of students whose parents or guardians knew what they were doing with their free time most of the time or always during the past 30 days	35.5 ± 4.4	33.5 ± 5.7	36.9 ± 5.3

* indicates less than 100 students.

For Additional Information, please contact:

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